



# WYOMING



## 2016 CROSS COUNTRY NOTES

Twitter: @wyo\_track / @wyoathletics  
Facebook: Facebook.com/wyotrack  
Website: GoWYO.com

Media Contact: Nate Lake, Graduate Assistant  
Office: (307) 766-2290 | Cell: (719) 649-3329  
Email: nlake@uwyo.edu

### 2016 Schedule

Date	Meet	Location/Result
9/2	Colorado State Invite	M: 5th // W: 4th
9/17	MSU-Bozeman Invite	M: 3rd // W: 3rd
9/24	Roy Griak Invitational	St. Paul, Minn.
10/15	Pre-Nationals	Terre Haute, Ind.
10/28	MW Championships	Boise, Idaho
11/11	NCAA Mountain Regional	Logan, Utah
11/19	NCAA Championships	Terre Haute, Ind.

### Quick Facts

Location	Laramie, Wyo.
Founded	1886
Enrollment	13,551
Nickname	Cowboys/Cowgirls
School Colors	Brown & Gold
President	Laurie Nichols
Athletics Director	Tom Burman
Affiliation	NCAA Division I
Conference	Mountain West

### Coaching Staff

Head Coach	Bryan Berryhill
Season at UW	Fifth
Alma Mater	Colorado State, '01
Assistant Coach	Amanda Clower
Season at UW	Eighth
Alma Mater	Lamar, '07

### Team Info

2015 Women's MW Finish	5th of 11 (129 pts)
2015 Women's Region Finish	10th of 19 (306 pts)
2015 Women's NCAA Finish	N/A
Women's Letterwinners R/L	7/2
Women's Newcomers	4
2015 Men's MW Finish	4th of 8 (89 pts)
2015 Men's Region Finish	7th of 16 (153 pts)
2015 Men's NCAA Finish	N/A
Men's Letterwinners R/L	4/4
Men's Newcomers	3
Home Course	Jacoby Golf Course

### Meet Information

**Meet:** Roy Griak Invitational  
**When:** Saturday, Sept. 24  
**Where:** Falcon Heights, Minn. (Host: Minnesota)  
 Les Bolstad Golf Course  
**Races:** Merrill Fischbein Men's Gold Competition (8K): 11:20 a.m. MT  
 Jack Johnson Women's Gold Competition (6K): 12:35 p.m. MT



### The Field

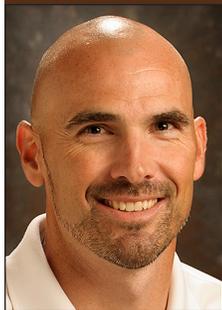
### Cowboy Roster

Name	Class	Exp.	Hometown (Previous School)
Bryce Ailshie	RS Fr.	RS	Kingsport, Tenn. (Dobyns-Bennett)
Michael Downey	So.	1L	Cheyenne, Wyo. (East)
Harry Ewing	Fr.	HS	Hamilton, NZ (St. Peter's)
Ricky Faure	So.	1L	Rock Springs, Wyo. (Rock Springs)
Jesse Gray	So.	1L	Rock Springs, Wyo. (Rock Springs)
Christopher Henry	Fr.	HS	Laramie, Wyo. (Laramie)
Jonah Henry	Jr.	2L	Laramie, Wyo. (Laramie)
Daniel Hintz	Fr.	HS	Tauranga, NZ (Tauranga Boys College)
Calum Kepler	So.	SQ	Casper, Wyo. (Kelly Walsh)
Isaac Kiefer	RS So.	RS	Buffalo, Wyo. (Buffalo)
Michael Rotellini	Jr.	1L	Sheridan, Wyo. (Sheridan)
Michael Seas	RS Sr.	3L	Celina, Ohio (Coldwater)
Phillip Thomas	RS Fr.	RS	Fountain, Colo. (Fountain-Fort Carson)

### Cowgirl Roster

Name	Class	Exp.	Hometown (Previous School)
Calbi Ausmann	Fr.	HS	Newcastle, Wyo. (Newcastle)
Ashley Bock	RS Fr.	RS	Fort Collins, Colo. (Fossil Ridge)
Megan Brunette	Sr.	3L	Colorado Springs, Colo. (The Classical Academy)
Audra DeStefano	RS Sr.	3L	Gillette, Wyo. (Campbell County)
Quinn DeStefano	Jr.	1L	Gillette, Wyo. (Campbell County)
Kacey Doner	Fr.	HS	Fort Collins, Colo. (Rocky Mountain)
Lauren Hamilton	Jr.	2L	Monument, Colo. (The Classical Academy)
Kirsten Kropkowski	Fr.	HS	Colorado Springs, Colo. (The Classical Academy)
Kiah Leonard	So.	1L	Berthoud, Colo. (Berthoud)
Cassidy Meade	Sr.	3L	Laramie, Wyo. (Laramie)
Isabella Pape	So.	1L	Corvallis, Mont. (Corvallis)
Emily Person	So.	SQ	Rapid City, S.D. (Stevens)
Solana Quistorff	So.	SQ	Castle Rock, Colo. (Douglas County)
Ashley Urman	RS Fr.	RS	Princeton, Minn. (Princeton)
Regan VanDePol	So.	1L	Broomfield, Colo. (Broomfield)
Taylor Van Holland	Fr.	HS	Harrisburg, S.D. (Harrisburg)
Kerry White	Jr.	2L	Te Aroha, NZ (Te Aroha College)

### Head Coach Bryan Berryhill



Bryan Berryhill enters his fifth season as head coach of the University of Wyoming track and field/cross country programs in 2016-17.

During the 2015 cross country season, the former professional runner led the Cowboys to a fourth-place finish in the Mountain

West, tying the highest finish in program history. The men's harriers collected 89 points at the conference championships, just four points more than Wyoming's lowest total at a MW championship meet. Berryhill led the Cowgirls to a fifth-place finish at the MW championships despite having no seniors and just one junior in the team's top five.

Berryhill coached senior harriers Aaron Derner and Amos Bowen to USTFCCCA All-Region honors after each finished in the top 25 at the NCAA Mountain Regional meet. During the indoor track & field season, Wyoming collected eight individual All-MW honors while the women's squad earned All-MW status in the Distance Medley Relay. Hurdler Jordan Charles went on to become an Honorable Mention All-American in the 60-meter hurdles. Outdoors, the team earned four more All-MW honors and seven athletes advanced to the NCAA West Preliminary Round. Under Berryhill, Wyoming's student-athletes have notched 156 top-10 individual and relay marks in school history, including 11 school records.

Before Wyoming, Berryhill served as the head cross country and assistant track coach at Colorado State from 2006-2012. He was named the 2007 Women's NCAA Regional and Mountain West Conference Women's Cross Country Coach of the Year after the CSU women won their first ever team titles at the Mountain West championships and the NCAA Mountain Region championships in the same season.

He had a stellar collegiate career at CSU, earning 10 All-America honors in cross country and track. A national champion in the indoor 1-mile run and outdoor 1,500-meter run in 2001, Berryhill holds five individual and three relay records at CSU. He competed as a professional track athlete from 2001-04 and 2005-07.

The CSU women finished second or better at the MW Cross Country Championships in four of the six years of Berryhill's tenure. During his time with the Rams, he coached student-athletes to six school records and coached the only CSU woman to win a Mountain West cross country individual title with April Thomas' win in 2007.

Berryhill received his bachelor's degree in forestry from CSU in May 2001. He and his wife, Toni, have three children: Libby, Eli and Lainey.

#### Personal-Best Times

800 Meters: 1:46  
Mile: 3:54  
1,500 Meters: 3:35

### Notes

#### Wyoming to Compete at 31st Annual Roy Griak Invitational

With the 2016 cross country season now in full swing, the University of Wyoming cross country team heads to Falcon Heights, Minn., for the 31st annual Roy Griak Invitational on Saturday. Hosted by the University of Minnesota at the Les Bolstad Golf Course, the Griak Invitational is one of the largest and most competitive meets in the country. The meet is named for former Minnesota cross country and track & field coach Roy Griak, who coached for the Gophers from 1963-1996 and passed away in 2015.

The Griak Invitational features a tough field of talented Division I teams from all across the nation. Wyoming will face a number of nationally ranked foes in both the men's and women's races in Minnesota. The women's 6K field includes No. 6 Boise State, No. 9 Michigan State, No. 10 Michigan, No. 17 Iowa State, No. 20 San Francisco, No. 25 Minnesota, No. 29 Mississippi State, and No. 30 Portland. The men's 8K field includes No. 13 Penn State, No. 14 Boise State, No. 17 Michigan, No. T-19 Oklahoma, No. T-19 Portland, No. 22 Furman, No. 24 Colorado State, No. 26 Southern Utah, and No. 30 Michigan State.

Led by Audra DeStefano, the Cowgirls took eighth place at the 2015 Roy Griak Invitational. DeStefano placed 17th overall, while Aaron Derner took 23rd in the men's race to lead the Cowboys to a 10th-place team finish.

The men's race begins at 11:20 a.m. MT on Saturday while 12:35 p.m. MT is the scheduled start time for the women's race. Fans can watch the race live via a paid subscription to FloTrack.

#### Last Time Out: Hamilton, Henry Lead as UW Excels at MSU

The University of Wyoming cross country team provided a look into its vast potential at Saturday's MSU-Bozeman Running Company Invitational, placing third in both the men's and women's team standings as juniors Jonah Henry and Lauren Hamilton each finished in the top five of their respective races. Henry placed third in the men's 5-mile race to lead the Cowboys, clocking 24 minutes, 36.07 seconds, while Hamilton led the Cowgirls with a time of 16:52.58 to take fourth in the women's 3-mile race.

"It was by far the best race since I've been at the University of Wyoming," head coach Bryan Berryhill said of the Cowgirls' performance after five Cowgirls placed in the top 20 and seven finished in the top 30. "The two teams ahead of us were both at the NCAA Championships last year. We were right there with them the whole time. It's good for the girls to see that we can race with some of the best teams in the country. They came out today and showed they're a team that has a shot to get to nationals."

Hamilton passed four Utah runners in the last 100 meters to finish fourth overall. Her time was over 15 seconds faster than the 17:08 time posted by UW legend Holly Page in Bozeman on Sept. 20, 2014, the last time UW traveled to Montana State for a cross country meet. In fact, the Cowgirls' average time from Saturday's race was mere seconds slower than Page's 2014 time. Page finished 71st at the NCAA Championships later that season.

"It's an amazing feeling because I know that we have a long way to go and this is only the beginning," Hamilton said following the race. "We all stuck together through mile two. We pushed together and finished together. This is big for the whole team because it shows where we're starting. We're not peaking right now."

Redshirt senior Audra DeStefano came back strong in her first cross country race since Sept. 26, 2015, taking 11th with a time of 17:11. True freshman Kacey Doner showed her successful debut at the CSU Invite was not a fluke, finishing directly behind DeStefano with a time of 17:12.

"What was really neat about [Kacey], in the biggest college race she's run in yet, she was pushing our pack from the one and a half mile mark to the two and half mile mark," Berryhill said. "She was the spark we needed in the middle of the race."

Senior Megan Brunette placed 17th, clocking 17:18, while junior Kerry White was the fifth Cowgirl to finish in the top 20 after taking 20th with a time of 17:24. All in all, the Cowgirls posted a miniscule pack split of 26 seconds. Two additional Cowgirls finished in the top 30 of the 153-member field, as sophomore Isabella Pape took 24th while junior Quinn DeStefano placed 29th. Ashley Bock (32nd), Kiah Leonard (35th), and Solana Quistorff (46th) all made the top 50.

Wyoming's success was not limited to the Cowgirls, however. While Jonah Henry was the top Division I finisher in the men's field after taking third overall, three other Cowboys finished in the top 16. Senior Mike Seas showed consistency by finishing as the Cowboys' No. 2 runner for the second consecutive race, placing 12th overall with a time of 24:57. Ricky Faure and Harry Ewing followed closely behind, taking 14th and 16th overall, respectively, with times of 24:59 and 25:11.

"We were really good through four runners," Berryhill said of the men's squad. We were as good as any team through four. We'll work the next few weeks to find a fifth runner."

Berryhill spoke highly of Ewing, who was fighting through a sickness on Saturday. "I was really proud of him. He is under the weather right now, and to see him fight through that and not use it as an excuse showed me a lot about him today."

He also thought Henry and Seas showed a competitive edge in Bozeman. "[Jonah] put himself at the front," Berryhill said. "He's a phenomenal competitor. Mike has shown consistency in practice. In years before this, that was something he needed to work on. He's put

## 2016 Wyoming Notes

### 2016 MW Athletes of the Week

Date	Name	Class	School
9/6	Michael Vennard	Jr.	Boise State
	Bailee Parker	Fr.	Utah State
9/20	<b>Jonah Henry</b>	<b>Jr.</b>	<b>Wyoming</b>
	Annemarie Schwanz	Sr.	Fresno State

### 2016 USTFCCCA Mtn. Region Polls

#### WEEK 2 // Sept. 19

#### MEN

Rank	School	Conference
1	Northern Arizona	Big Sky
2	Colorado	Pac-12
3	UTEP	Conference-USA
4	BYU	West Coast
5	Southern Utah	Big Sky
6	Colorado State	Mountain West
7	Air Force	Mountain West
8	New Mexico	Mountain West
9	Utah State	Mountain West
10	Weber State	Big Sky
11	Utah Valley	WAC
12	Texas Tech	Big 12
<b>13</b>	<b>Wyoming</b>	<b>Mountain West</b>
14	Idaho State	Big Sky
15	New Mexico State	WAC

#### WOMEN

Rank	School	Conference
1	New Mexico	Mountain West
2	Colorado	Pac-12
3	BYU	West Coast
4	Utah	Pac-12
5	Weber State	Big Sky
6	Colorado State	Mountain West
<b>7</b>	<b>Wyoming</b>	<b>Mountain West</b>
8	Utah State	Mountain West
9	Air Force	Mountain West
10	Northern Arizona	Big Sky
11	Montana State	Big Sky
12	Texas Tech	Big 12
13	Nevada	Mountain West
14	UTEP	Conference USA
15	Southern Utah	Big Sky

*Next Poll - Sept. 26*

### Interview Policies

Interviews, either in person or via telephone, with members of UW's coaching staff and student-athletes must be coordinated through Media Relations Graduate Assistant Nate Lake at least one day in advance.

Home and/or cell phone numbers will not be provided to the media by the coaches, student-athletes, or the athletic department. Media are asked not to request an individual's personal contact information, including e-mail and cell number, but rather to contact Nate.



### Notes

a lot of focus into becoming a more consistent runner."

Henry knows there's more to accomplish before next Saturday's prestigious Roy Griak Invitational. "We're going to need to focus a lot on recovery this week in order to hit it again and be stronger we were today," he said following Saturday's race. "If we keep each other accountable, we'll be able to do it."

Freshman Daniel Hintz rebounded from a tough outing at the CSU Invite, finishing as the Cowboys' No. 5 runner with a time of 26:08 to take 52nd overall. Jesse Gray finished directly behind Hintz, taking 53rd at 26:13. Freshman Christopher Henry placed 57th, clocking in at 26:16.

Only Utah State and Weber State finished ahead of the Cowboys in the team standings on Saturday, while Utah and Weber State came in ahead of the Cowgirls.

#### Cowgirls Seventh, Cowboys 13th in Latest USTFCCCA Regional Rankings

The Wyoming Cowgirls are on the move in the Sept. 19 edition of the USTFCCCA Regional Rankings, jumping up to seventh in the Mountain Region after a third-place finish at the MSU-Bozeman Running Company Invitational. Utah and Weber State, the only teams to finish above the Cowgirls in Bozeman, traded places in this week's rankings. Utah moved up to fourth while Weber State dropped to fifth. The Cowgirls are third among MW teams in the Mountain Region and have a 5-2 record against regional opponents.

Meanwhile, the Cowboys dropped to 13th from a ninth-place ranking last week. After being unranked, MSU-Bozeman Running Company Invitational team champion Utah State entered the rankings at No. 9 in the Mountain Region while Weber State, the only other team to beat the Cowboys in Bozeman, stayed at No. 10 in this week's rankings. Wyoming is ranked fifth among MW teams from the region while currently sporting a 4-2 record against regional foes.

#### USTFCCCA Division I National Coaches' Poll

The Week 2 edition of the USTFCCCA Division I National Coaches' Poll was released Tuesday, Sept. 20. The men's and women's top 30 teams are listed below.

#### MEN

Rk.	School	Points
1	Syracuse	360
2	Northern Arizona	335
3	Oregon	334
4	Stanford	323
5	Colorado	313
6	Arkansas	296
7	Georgetown	277
8	Eastern Kentucky	254
9	Oklahoma State	242
10	Wisconsin	231
11	Virginia	204
12	BYU	194
13	Indiana	193
14	Boise State	189
15	UTEP	166
15	Iona	166
17	Michigan	150
18	Mississippi	132
19	Oklahoma	130
19	Portland	130
21	Washington	128
22	Furman	104
23	NC State	82
24	Colorado State	75
25	Columbia	70
26	Southern Utah	68
27	Washington State	66
28	Tulsa	61
29	Penn	59
30	Michigan State	54

#### WOMEN

Rk.	School	Points
1	New Mexico	351
2	Providence	346
3	Colorado	344
4	Oregon	323
5	NC State	296
6	Boise State	292
7	Stanford	280
8	Oklahoma State	264
9	Michigan State	252
10	Michigan	250
11	Arkansas	241
12	Washington	239
13	Penn State	211
14	Virginia	183
15	Notre Dame	182
16	Syracuse	169
17	Iowa State	158
18	Georgetown	157
19	BYU	146
20	San Francisco	130
21	Kansas	87
22	Penn	81
23	Yale	75
24	Vanderbilt	69
25	Minnesota	64
26	Utah	56
27	Harvard	55
28	Weber State	48
29	Mississippi State	46
30	Portland	37

#### Next Up

Wyoming has a three-week break from competition before heading to Terre Haute, Ind., for Pre-Nationals on Oct. 15. Pre-Nationals is the last meet before the 2016 Mountain West Cross Country Championships, which will be held in Kuna, Idaho on Oct. 28.

## 2016 Wyoming Notes

### 2016 Team Results

#### Colorado State Invite Sept. 2 - Ft. Collins, Colo.

##### Cowboys - 5th place (5K)

Jonah Henry	16th place	15:17
Mike Seas	21st place	15:21
Ricky Faure	22nd place	15:24
Harry Ewing	56th place	15:54
Calum Kepler	75th place	16:12
Michael Downey	80th place	16:16
Jesse Gray	81st place	16:17
Daniel Hintz	102nd place	16:34
Bryce Ailshie	131st place	18:03
Phillip Thomas	132nd place	18:07

##### Cowgirls - 4th place (5K)

Kacey Doner	19th place	18:28
Quinn DeStefano	23rd place	18:35
Megan Brunette	27th place	18:40
Isabella Pape	29th place	18:49
Calbi Ausmann	33rd place	19:03
Solana Quistorff	37th place	19:20
Ashley Bock	42nd place	19:34
Emily Person	50th place	19:50
Cassidy Meade	51st place	19:53
Kiah Leonard	58th place	20:10
Regan VanDePol	78th place	21:40

#### MSU-Bozeman Running Company Invitational Sept. 17 - Bozeman, Mont.

##### Cowboys - 3rd place (5 miles)

Jonah Henry	3rd place	24:36
Mike Seas	12th place	24:57
Ricky Faure	14th place	24:59
Harry Ewing	16th place	25:11
Daniel Hintz	52nd place	26:08
Jesse Gray	53rd place	26:13
Christopher Henry	57th place	26:16
Michael Downey	61st place	26:21
Calum Kepler	75th place	26:38

##### Cowgirls - 3rd place (3 miles)

Lauren Hamilton	4th place	16:52
Audra DeStefano	11th place	17:11
Kacey Doner	12th place	17:12
Megan Brunette	17th place	17:18
Kerry White	20th place	17:24
Isabella Pape	24th place	17:29
Quinn DeStefano	29th place	17:37
Ashley Bock	32nd place	17:44
Kiah Leonard	35th place	17:46
Solana Quistorff	46th place	17:55
Cassidy Meade	51st place	17:57
Regan VanDePol	81st place	18:34
Emily Person	87th place	18:44

### 2015 Individual Results

#### COWBOYS

##### Bryce Ailshie

Colorado State Invite: 131st, 18:03

##### Michael Downey

Colorado State Invite: 80th, 16:16  
MSU-Bozeman Invite: 61st, 26:21

##### Harry Ewing

Colorado State Invite: 56th, 15:54  
MSU-Bozeman Invite: 16th, 25:11

##### Ricky Faure

Colorado State Invite: 22nd, 15:24  
MSU-Bozeman Invite: 14th, 24:59

##### Jesse Gray

Colorado State Invite: 81st, 16:17  
MSU-Bozeman Invite: 53rd, 26:13

##### Christopher Henry

MSU-Bozeman Invite: 57th, 26:16

##### Jonah Henry

Colorado State Invite: 16th, 15:17  
MSU-Bozeman Invite: 3rd, 24:36

##### Daniel Hintz

Colorado State Invite: 102nd, 16:34  
MSU-Bozeman Invite: 52nd, 26:08

##### Calum Kepler

Colorado State Invite: 75th, 16:12  
MSU-Bozeman Invite: 75th, 26:38

##### Isaac Kiefer

##### Michael Rotellini

##### Mike Seas

Colorado State Invite: 21st, 15:21  
MSU-Bozeman Invite: 12th, 24:57

##### Phillip Thomas

Colorado State Invite: 132nd, 18:07

#### COWGIRLS

##### Calbi Ausmann

Colorado State Invite: 33rd, 19:03

##### Ashley Bock

Colorado State Invite: 42nd, 19:34  
MSU-Bozeman Invite: 32nd, 17:44

##### Megan Brunette

Colorado State Invite: 27th, 18:40  
MSU-Bozeman Invite: 17th, 17:18

##### Audra DeStefano

MSU-Bozeman Invite: 11th, 17:11

##### Quinn DeStefano

Colorado State Invite: 23rd, 18:35  
MSU-Bozeman Invite: 29th, 17:37

##### Kacey Doner

Colorado State Invite: 19th, 18:28  
MSU-Bozeman Invite: 12th, 17:12

##### Lauren Hamilton

MSU-Bozeman Invite: 4th, 16:52

##### Kirsten Kropkowski

##### Kiah Leonard

Colorado State Invite: 58th, 20:10  
MSU-Bozeman Invite: 35th, 17:46

##### Cassidy Meade

Colorado State Invite: 51st, 19:53  
MSU-Bozeman Invite: 51st, 17:57

##### Isabella Pape

Colorado State Invite: 29th, 18:49  
MSU-Bozeman Invite: 24th, 17:29

##### Emily Person

Colorado State Invite: 50th, 19:50  
MSU-Bozeman Invite: 87th, 18:44

##### Solana Quistorff

Colorado State Invite: 37th, 19:20  
MSU-Bozeman Invite: 46th, 17:55

##### Ashley Urman

##### Taylor Van Holland

##### Regan VanDePol

Colorado State Invite: 78th, 21:40  
MSU-Bozeman Invite: 81st, 18:34

##### Kerry White

MSU-Bozeman Invite: 20th, 17:24

# 2016 Wyoming Notes

## Wyoming's Top Cross Country Times Since 1990

(as of Sept. 22, 2016)

### Cowgirls

4k			
1. Holly Page	13:37	2012	Highlander Invite
2. Christine Nelson	14:00	2012	Highlander Invite
3. Abi Bever	14:05	2012	Highlander Invite
4. Brooke Hughes	14:22	2012	Highlander Invite
5. Devon England	14:30	2012	Highlander Invite
6. Holly Page	14:33	2012	Rust Buster
Jennifer Thompson	14:33	2003	Wyoming Open
8. Christine Nelson	14:51	2010	Wyoming Invite
Gretchen Johnson	14:51	2007	Wyoming Invite
Natalie Kean	14:51	2003	Wyoming Open
<b>11. Audra DeStefano</b>	<b>14:52</b>	<b>2012</b>	<b>Highlander Invite</b>
12. Jessica Lemaster	15:03	2012	Highlander Invite
13. Devon England	15:06	2012	Rust Buster
Emily Higgins	15:06	2006	Wyoming Invite
Jennifer Thompson	15:06	2004	Wyoming Invite
Gretchen Johnson	15:06	2004	Wyoming Invite

5k			
1. Holly Page	17:18	2013	Highlander Invite
2. Christine Nelson	17:23	2010	Chile Pepper Festival
<b>3. Megan Brunette</b>	<b>17:34</b>	<b>2013</b>	<b>Highlander Invite</b>
<b>4. Audra DeStefano</b>	<b>17:37</b>	<b>2015</b>	<b>Colorado State Invite</b>
5. Necia Hoffman	17:41	1990	WAC Championship
6. Necia Hoffman	17:43	1990	NCAA Championship
7. Amy Wroe	17:45	1994	New Mexico Invite
8. Molly Moulton	17:47	1995	NCAA District 7
9. Karla Hay	17:49	1990	Rocky Mountain Shootout
10. Molly Cochran	17:50	1997	Colorado State Invite
Karla Hay	17:50	1991	Illinois XC Classic
12. Wendy Welch	17:51	1991	Illinois XC Classic
13. Molly Moulten	17:54	1994	Arizona State Invite
Molly Moulten	17:54	1994	New Mexico Invite
15. Alysha Davis	17:55	2010	Chili Pepper Festival

6k			
1. Holly Page	20:18	2014	MW Championship
2. Holly Page	20:31	2014	Washington Invite
<b>3. Kerry White</b>	<b>20:49</b>	<b>2015</b>	<b>NCAA Pre-Nationals</b>
<b>4. Kerry White</b>	<b>20:53</b>	<b>2014</b>	<b>MW Championship</b>
<b>5. Kerry White</b>	<b>20:59</b>	<b>2014</b>	<b>Washington Invite</b>
Emily Higgins	20:59	2008	NCAA Mountain Regional
7. Holly Page	21:01	2014	NCAA Championships
8. Holly Page	21:02	2012	MW Championship
<b>9. Audra DeStefano</b>	<b>21:03</b>	<b>2014</b>	<b>MW Championship</b>
10. Holly Page	21:07	2013	NCAA Mtn Regional
<b>11. Megan Brunette</b>	<b>21:08</b>	<b>2015</b>	<b>NCAA Pre-Nationals</b>
Jennifer Thompson	21:08	2004	NCAA Mountain Regional
13. Gretchen Johnson	21:13	2007	NCAA Mountain Regional
<b>14. Ali Walker</b>	<b>21:14</b>	<b>2014</b>	<b>Washington Invite</b>
<b>15. Audra DeStefano</b>	<b>21:15</b>	<b>2014</b>	<b>Washington Invite</b>

### Cowboys

6k			
1. Garrett Zans	17:48	2013	Highlander Invite
2. Garrett Zans	17:50	2012	Highlander Invite
<b>Amos Bowen</b>	<b>17:50</b>	<b>2013</b>	<b>Highlander Invite</b>
<b>4. Aaron Derner</b>	<b>17:52</b>	<b>2012</b>	<b>Highlander Invite</b>
<b>5. Aaron Derner</b>	<b>17:53</b>	<b>2013</b>	<b>Highlander Invite</b>
6. Mike Banks	17:57	2013	Highlander Invite
<b>7. Mike Seas</b>	<b>18:01</b>	<b>2012</b>	<b>Highlander Invite</b>
<b>8. Dylan Morin</b>	<b>18:07</b>	<b>2013</b>	<b>Highlander Invite</b>
9. Garrett Zans	18:08	2013	Utah Valley Invite
10. Joe Hall	18:10	1999	Wyoming Invite
11. Mike Banks	18:22	2013	Utah Valley Invite
<b>12. Michael Kesy</b>	<b>18:26</b>	<b>2013</b>	<b>Highlander Invite</b>
13. Mike Banks	18:31	2012	Highlander Invite
<b>Aaron Derner</b>	<b>18:31</b>	<b>2013</b>	<b>Utah Valley Invite</b>
<b>15. Mike Seas</b>	<b>18:34</b>	<b>2013</b>	<b>Highlander Invite</b>

8k			
1. Mark Korir	23:41	2007	NCAA Pre-Nationals
<b>2. Amos Bowen</b>	<b>23:43</b>	<b>2014</b>	<b>Washington Invite</b>
Mark Korir	23:43	2008	NCAA Pre-Nationals
<b>4. Amos Bowen</b>	<b>23:51</b>	<b>2014</b>	<b>MW Championship</b>
5. Mark Korir	24:06	2006	MW Championship
6. Mark Korir	24:10	2008	Roy Griak Invite
7. Mark Korir	24:14	2007	Montana State Invite
8. Mark Korir	24:22	2008	MW Championship
9. Greg Miller	24:23	2011	Woody Greeno Invite
<b>10. Aaron Derner</b>	<b>24:24</b>	<b>2015</b>	<b>NCAA Pre-Nationals</b>
<b>11. Dylan Morin</b>	<b>24:26</b>	<b>2014</b>	<b>MW Championship</b>
Ryan Bolton	24:26	1993	Arizona State Invite
13. Garrett Zans	24:27	2013	MW Championship
14. Mark Korir	24:28	2008	Montana State Invite
15. Monte Still	24:36	1991	Rocky Mountain Shootout

10k			
1. Mark Korir	28:40	2006	Chile Pepper Festival
2. Mark Korir	29:33	2008	NCAA Mountain Regional
3. Garrett Zans	29:50	2013	NCAA Mountain Regional
4. Mark Korir	29:56	2006	NCAA Mountain Regional
<b>Amos Bowen</b>	<b>29:56</b>	<b>2014</b>	<b>NCAA Mountain Regional</b>
5. Mark Korir	30:13	2007	NCAA Championship
<b>Aaron Derner</b>	<b>30:13</b>	<b>2013</b>	<b>NCAA Mountain Regional</b>
7. Philemon Tanui	30:15	2005	Chile Pepper Festival
Mark Korir	30:15	2007	NCAA Mountain Regional
9. Ryan Bolton	30:18	1995	NCAA District 7
<b>10. Amos Bowen</b>	<b>30:19</b>	<b>2015</b>	<b>NCAA Mountain Regional</b>
11. Greg Miller	30:28	2010	Chile Pepper Festival
<b>12. Aaron Derner</b>	<b>30:29</b>	<b>2015</b>	<b>NCAA Mountain Regional</b>
13. Greg Miller	30:31	2010	NCAA Mountain Regional
14. Nick Ekel	30:32	2010	NCAA Mountain Regional
15. Monte Still	30:35	1993	NCAA District 7

## Wyoming's History at the NCAA Championships

### Cowboy History (Since 1938)

Year	Team	Individuals
2014	---	217. Amos Bowen, 32:53
2013	---	65. Garrett Zans, 31:01
2008	---	71. Mark Korir, 30:38
2007	---	19. Mark Korir (AA), 30:13
2006	---	22. Mark Korir (AA), 31:24
2000	---	112. Joe Hall, 31:50
1996	---	81. Scott McDonald, 32:39
1995	---	12. Ryan Bolton (AA), 31:02
1989	---	34. John Wodny (AA), 30:36
1986	16th (345)	15. John Wodny (AA), 31:23
		87. Michael Craven, 32:39
		93. Arnie Anfinson, 32:43
		117. Ed Jassmen, 33:06
		129. Robert Durkee, 33:19
		168. Damien Betebenner, 35:28
		170. Richard Garnos, 35:56
1979	---	16. Geir Kvernmo (AA), 29:35
1978	13th (353)	24. Simon Kilili (AA), 30:12
		38. Joe Nzau, 30:23
		82. James Kamau, 30:55
		93. Geir Kvernmo, 31:00
		226. James Hogue, 33:22
		233. Chuck Turner, 33:52
		241. Gary Fasules, 36:42
1977	3rd (156)	6. Solomon Chebor (AA), 29:03
		7. Simon Kilili (AA), 29:15
		35. Joe Nzau, 29:56
		36. Geir Kvernmo, 29:56
		169. Michael Cheronno, 31:32.5
		249. Curt Mobley, 33:07.7

1976	---	50. Geir Kvernmo, 29:40.16
1968	---	113. Wayne Jensen, 31:38
1967	14th (328)	24. Bob Mason (AA), 32:44
		102. Pete Smith, 36:51
		106. Tore Svare, 37:52
		108. Ed Schnackenberg, 40:00
		111. Jerry Race, 41:54
		112. Kurt Heuch, 42:47
1965	10th (275)	12. Michael Gregorio (AA), 30:28
		39. John Finlay, 31:18
		86. Harry Bilof, 32:22
		115. Alfred Crampton, 33:17
		122. Charles Pell, 33:28
1964	---	138. Roman Pysanczyn, 35:17
		39. Harry Bilof, 21:07
		100 Douglas McDonald, 21:50
		133. Michael Gregorio, 22:10
1947	15th (382)	66. Allen Clark, 22:55
		74. Harry Mangus, 23:06.1
		92. Bruce Badley, 23:24
		107. Allan Benton, 23:50
		110. Lee Covington, 23:58
		128. Paul Zimmerman, 24:36

### Cowgirl History (Since 1981)

Year	Team	Individuals
2014	---	71. Holly Page, 21:01
2007	---	116. Gretchen Fagley-Johnson, 21:41.1
2004	---	70. Jennifer Thompson, 21:39
1990	---	100. Necia Hoffman, 17:43
1983	---	13. Andrea Everett (AA), 17:03
1982	---	60. Andrea Everett, 18:12
1981	---	79. Brenda Grahm, 18:14